



## Mary's Roasted Red Pepper Dip

 Vegetarian  Gluten Free  Popular

READY IN



30 min.

SERVINGS



4

CALORIES



912 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounce cream cheese softened
- 1 clove garlic minced
- 1 cup mayonnaise
- 0.8 pound monterrey jack cheese shredded
- 2 tablespoons mustard dijon-style prepared
- 1 tablespoon onion minced
- 7 ounce roasted peppers diced red drained

### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small baking dish, mix the roasted red peppers, Monterey Jack cheese, cream cheese, mayonnaise, onion, garlic and Dijon-style mustard.
- Bake in the preheated oven 20 minutes, or until bubbly and lightly browned.
- Serve warm.

## Nutrition Facts

**PROTEIN 11.18%** **FAT 85.84%** **CARBS 2.98%**

## Properties

Glycemic Index:48.25, Glycemic Load:1.31, Inflammation Score:-8, Nutrition Score:20.035217388817%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 912.1kcal (45.61%), Fat: 87.57g (134.72%), Saturated Fat: 34.29g (214.33%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.87g (2.13%), Sugar: 3.1g (3.44%), Cholesterol: 156.48mg (52.16%), Sodium: 1805.84mg (78.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Vitamin K: 94.73µg (90.22%), Calcium: 720.94mg (72.09%), Phosphorus: 469.94mg (46.99%), Vitamin A: 1715.31IU (34.31%), Selenium: 21.31µg (30.45%), Vitamin B2: 0.49mg (29.06%), Vitamin C: 23.52mg (28.51%), Zinc: 3.07mg (20.46%), Vitamin E: 2.57mg (17.15%), Vitamin B12: 0.9µg (14.96%), Vitamin B6: 0.21mg (10.46%), Magnesium: 38.12mg (9.53%), Folate: 32.17µg (8.04%), Iron: 1.33mg (7.37%), Manganese: 0.15mg (7.3%), Potassium: 245.27mg (7.01%), Vitamin B5: 0.65mg (6.47%), Copper: 0.12mg (6.07%), Vitamin D: 0.62µg (4.15%), Vitamin B1: 0.06mg (4.04%), Fiber: 0.98g (3.9%), Vitamin B3: 0.45mg (2.27%)